



City of Newport Beach, CA
City Manager's Newsletter

TO: Mayor Curry & Council Members
FROM: Dave Kiff, City Manager
DATE: April 19, 2013

Please enjoy the attached newsletters...



COMMUNITY DEVELOPMENT DEPARTMENT

To: Dave Kiff, City Manager
From: Kimberly Brandt, Community Development Director
Subject: City Manager's Newsletter
Date: April 19, 2013

A handwritten signature in blue ink, appearing to be "KB", is located to the right of the "From:" line.

Opening Day for the Permit Center

On April 11, the Permit Center served 178 customers and 105 customers on the next day. It was an exceptionally busy day for everyone as Bay "C" opened to a large crowd of owners, architects, engineers, and contractors. Everyone expressed their appreciation at having all departments and divisions in one location. Bay C's floor plan contains thirteen workstations; seven at the counter for quick, simple permits, five consultation desks for simple remodels or additions, and one appointment only desk.



*Phil Bettencourt was the first visitor to
the new Permit Center on Opening Day.
He is welcomed by Planning Manager
Patrick Alford*

Also on opening day, staff worked expeditiously to review and approve the tenant improvement plans for Clean Energy which is relocating its corporate headquarters from Seal Beach to Newport Beach. Clean Energy will occupy over 60,000 square feet of office space in two existing towers on MacArthur Court in the Airport Area.

Residential plan check activity remains brisk with five new single-family plan submittals. Notable commercial plans submitted and permits issued include the remodel of Hyatt Regency guest rooms and tenant improvements at Fletcher Jones Motorcars.

Permits Issued for West Marine

Building permits were issued for West Marine's new store in Lido Village at 3433 Via Lido. West Marine will occupy the building where the Pavilions supermarket was formerly located, and it is expected to open mid-summer 2013.

Staff Obtains New Certifications

We would like to congratulate the following Building Division staff members who have recently obtained new certifications in different disciplines. We appreciate their efforts to study, finance, and pass the necessary exams.

Yousef Barar – Residential Fire Sprinklers / Plans Examiner

Ben Ellingson – Residential Fire Sprinklers / Plans Examiner

Samir Ghosn – Plans Examiners, Residential Fire Sprinklers / Plans Examiner

Paul LeClaire – Residential Fire Sprinklers / Plans Examiner

Jessica Sanchez – Permit Technician

Paul Sobek – Residential Fire Sprinklers / Plans Examiner

Tonee Thai – Residential Building Inspector, Commercial Building Inspector, Permit Technician

Brian Walters – Residential Fire Sprinklers / Plans Examiner

Congratulations to everyone!!

Inspectors Participate in Design/Build Competition

Senior Building Inspectors, Paul Sobek and Don Taylor, participated in the annual Design/Build Competition hosted by the Home Builders Council at the Orange County Fair and Events Center. High school and community college teams competed to build a structure using building plans with Paul and Don inspecting their work during construction. The City of Newport Beach was recognized for its voluntary efforts in participating in the program.



Students learning the construction trade build their projects (left) while Senior Building Inspector Paul Sobek looks at plans and discusses an inspection (right).

Lease Agreement Approved for Sailing Fascination

At the April 9, 2013, meeting, the City Council approved a five-year lease agreement with the non-profit group, Sailing Fascination, for a slip in the Balboa Yacht Basin. Sailing Fascination provides free sailing lessons for disabled individuals aboard a 24-foot sloop in Newport Harbor.



FINANCE DEPARTMENT

ACCOUNTING • FINANCE & TREASURY • OMB • REVENUE

April 19, 2013

TO: DAVE KIFF, CITY MANAGER

FROM: Dan Matusiewicz, Finance Director

SUBJECT: CITY MANAGER'S NEWSLETTER

DONATIONS & GRANTS

The City Manager accepted the following donations or grants on behalf of the City during the quarter ending March 31, 2013. Council Policy F-3, Section C.2, states the Council is to be formally notified each quarter of the acceptance of such funds. A total of \$30,000.00 was accepted.

SOURCE	DATE	AMOUNT	USE
California State Library	1-9-13	\$10,000.00	California Library Literacy Services Award
California State Library	2-5-13	\$10,000.00	California Library Literacy Services Award
California State Library	3-31-13	\$4,631.00	California Library Literacy Services Award
ProLiteracy, Newport/Mesa	3-31-13	\$5,369.00	Literacy Program

APRIL 22, 2013 FINANCE COMMITTEE MEETING

The Finance Committee will meet on April 22, 2013, to consider updates to the Facilities Financing Plan and the 2013 Finance Committee Work Plan; review the City's reserve policy, facilities replacement program policy and a new debt management policy; and provide direction on the draft quarterly financial report for the quarter ending March 31, 2013. The Finance Committee reports are now available at:

<http://www.newportbeachca.gov/Modules/ShowDocument.aspx?documentid=15682>

MARCH TREASURY REPORT

The Treasurer's Report provides detailed information on the City's operating and managed investment portfolios; the report for the month ending March 31, 2013, is now available at www.newportbeachca.gov/treasury.


CITY OF

Newport Beach

TREASURER'S REPORT

For the Month Ended

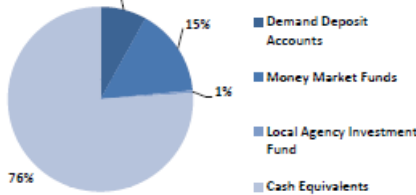
Mar. 31, 2013



Portfolios	Mar. 31, 2013								
	Amortized Cost	Unrealized Gains/(Loss)	Fair Value	Accrued Interest	Market Value	% Total	YTM @ Cost	YTM @ Market	Notes
Operating Portfolios									
Short-term Portfolio									
Demand Deposit Accounts	\$ 15,600,193	\$ -	\$ 15,600,193	\$ -	\$ 15,600,193	8.05%	0.59%	0.59%	(1)
Local Agency Investment Fund	29,877,616	-	29,877,616	-	29,877,616	15.41%	0.32%	0.32%	(2)
Managed Investment Portfolio (MIP)									
Cash Equivalents	956,551	-	956,551	-	956,551	0.49%	0.13%	0.12%	
Marketable Securities	146,039,197	786,795	146,825,992	611,129	147,437,121	76.05%	0.85%	0.43%	
TOTAL OPERATING FUNDS	\$ 192,473,557	\$ 786,795	\$ 193,260,352	\$ 611,129	\$ 193,871,481	100.00%			
Bond Fund Portfolios									
2011 Civic Center COPIs	\$ 5,976,652	\$ -	\$ 5,976,652	\$ -	\$ 5,976,652	57.36%	0.01%	0.01%	
Assessment Districts	1,693,905	-	1,693,905	-	1,693,905	16.26%	0.01%	0.01%	
Special Improvement Districts	2,749,215	-	2,749,215	-	2,749,215	26.38%	0.01%	0.01%	
TOTAL BOND FUNDS WITH FISCAL AGENT	\$ 10,419,772	\$ -	\$ 10,419,772	\$ -	\$ 10,419,772	100.00%			
TOTAL CASH & INVESTMENTS	\$ 202,893,330	\$ 786,795	\$ 203,680,124	\$ 611,129	\$ 204,291,253				

Composition of Operating Portfolio

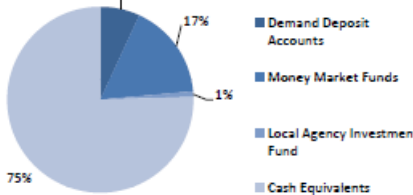
Mar. 31, 2013



- Demand Deposit Accounts
- Money Market Funds
- Local Agency Investment Fund
- Cash Equivalents

Composition of Operating Portfolio

Feb. 28, 2013



- Demand Deposit Accounts
- Money Market Funds
- Local Agency Investment Fund
- Cash Equivalents

Notes:

(1) Yield offsets bank fees

(2) LAIF Yield is available Quarterly



**Newport Beach Fire Department
Office of the Fire Chief**

DATE: April 19, 2013
TO: Dave Kiff, City Manager
FROM: Scott Poster, Fire Chief
SUBJECT: CITY MANAGER'S NEWSLETTER

Marine Operations

April 14 was the last day for the Junior Guard swim tests. Over the course of three swim tests, we have passed 1,462 participants. Newport Beach Priority Registration is from April 22 through May 5. Open registration will begin on May 6.

On April 16, Marine Operations had their orientation for 32 new lifeguards. Our trainees will begin their 110 hours of training beginning this weekend, April 20, 2013. Our trainees will be taught first aid, CPR, and spinal and rescue techniques. They will complete their training by shadowing our veteran tower guards during the Memorial Day weekend.

Life Safety Services Division

Regional Fire Code Update Seminar is Coming To 100 Civic Center Drive

We are very pleased to be able to host the Southern California Fire Prevention Officers in our new Community Room on May 14. Our Fire Code is updated on a triennial basis, and 2013 is an update year. Fire Code Officials from all over Southern California will get updated on the newest changes by representatives of the State Fire Marshal's Office. Code development, adoption, and implementation can be a bit tricky if not done properly; these classes are focused on making the process seamless and effective.

CERT “Drill the Skills”

On Saturday, March 23, over 125 CERT volunteers participated in the first “Drill the Skills” of 2013. The “Drill the Skills” was the culmination of the spring 2013 Tuesday/Thursday evening program and the all-day Saturday program. CERT volunteers participating in the drill went through six 30-minute stations consisting of outdoor search and rescue, radio communications, fire suppression/indoor search and rescue, triage, disaster medical operations and an ID badge/review station. The drill ended with a graduation ceremony for the new spring 2013 CERT graduates.



CERT Offers a New Class Schedule this Fall

The fire department traditionally offers two CERT classes in the spring and fall. As one might guess, these classes are in high demand, but not everyone has open time in the evening to attend. This fall we will host three CERT programs: the traditional Tuesday/Thursday evening program and the all day Saturday program. For the first time, we will introduce a Tuesday/Thursday day class on a trial basis. Classes will begin at the end of September. The fall class schedule is posted on the web at <http://www.newportbeachca.gov/index.aspx?page=1135>.

Newport Boat Show April 18 -21



This event celebrates its' 40th year as the premier yacht show in the West. Thousands are expected to attend during these four days. This unique event has required some out of the box approaches to ensure a safe and enjoyable event for all. Life Safety Specialists were on hand Wednesday to inspect and verify that all

systems are operational and all access requirements have been met.

We're in the Weeds

In April, the fire department started its annual weed abatement inspection process. Of the 188 properties inspected, those that are deemed non-compliant will receive a letter in June requesting that the weeded areas be thinned. The second round of inspections will begin in July to verify that the work was completed.

Life Safety Services staff will contact the owner of any property that is still in violation and advise them to have the work completed by the beginning of August. Should the fire hazard still exist, we will begin the task of issuing citations and starting the abatement process. Last year, we only had one parcel requiring abatement. As we are fond of saying, there is always room for improvement.



--- CITY OF --- NEWPORT BEACH

HUMAN RESOURCES DEPARTMENT CITY MANAGER'S NEWSLETTER

DATE: April 19, 2013
TO: Dave Kiff, City Manager
FROM: Terri L. Cassidy, J.D., Deputy City Manager/Human Resources Director
SUBJECT: News from HR and Risk Management

NEW CITY HALL REMINDERS

On April 11, 2013, the new Civic Center officially opened to the public! One of the many benefits of the new facility is that all departments are together in one open environment that encourages mingling/interaction.

Just a few reminders for City Hall employees-

1. Be sure that you are wearing your new ID card at all times.
2. Take a minute to learn the layout of the new building to better-direct customers.
3. Please welcome members of the community and fellow staff members. If they are here to look at the new building, take a moment to give them a tour.
4. Be sure to keep your area clean. If something has spilled, please take the time to clean it up. We are very fortunate to have this new, beautiful, environment-friendly building and we need to take good care of it.

CALPERS LAUNCHES DEPENDENT ELIGIBILITY VERIFICATION PROJECT

City Employees were notified of the CalPERS Dependent Eligibility Verification (DEV) project, which requires employees with dependents on their health plan to provide supporting documentation qualifying them for coverage.

The initial phase of the DEV project includes an amnesty period that runs through June 30. City employees received a letter from CalPERS with details on the DEV project, including an amnesty disenrollment form to submit to Human Resources. ***All amnesty disenrollments must be completed prior to June 30, 2013.***

Human Resources would like to thank all participants for submitting the required documentation in a timely manner. For more information about the DEV project, please contact Human Resources at 949-644-3256.



KUDOS TO HR STAFF MEMBER, MAGGIE WILLIAMS-DALGART

We are pleased to announce, after participating in a competitive recruitment process, Maggie Williams-Dalgart has earned a promotion to Senior Human Resources Analyst, effective April 6, 2013. Maggie came to Newport Beach in 2006, from the City of Simi Valley, as a part-time HR Analyst. As the needs of the City changed, Human Resources had to re-evaluate the department and restructure accordingly to meet the high demand of complex projects and assist the City Manager's Office in meeting City Council goals, which meant HR needed a full-time Analyst. Maggie applied for the full-time HR Analyst position, and she was successfully appointed in 2012.

In addition to being an HR Professional for approximately 15 years, Maggie has achieved a high-level of education. She obtained her Bachelor's degree in the History of Public Policy from the University of California, Santa Barbara. She then went on to earn her Master's Degree in Public Administration from the University of Colorado at Colorado Springs. Maggie continues to be an integral part of our staff and we are thrilled she earned this promotion. Thanks for all of your hard work and continued service to the community!



HEALTH AND WELLNESS: 8 WAYS TO BE HEALTHIER

1. *Use the stairs-* Stair-climbing causes your heart to work harder, improves circulation and overall health.
 2. *Drink more water-* Even the smallest amount of dehydration can drain you of energy and make you feel sluggish. Men should drink roughly 13- 8oz cups and women about 9- 8oz cups of total beverages every day.
 3. *Snack on fruit-* The natural sugars in fruit will give you the energy boost you are looking for without the crash other snacks can cause. The best fruits for a quick non-sticky snack are grapes and blueberries.
 4. *Have a cup of coffee –* Believe it or not - moderate coffee drinking is actually good for you. According to WebMd.com, "research shows that coffee drinkers, compared to nondrinkers, are less likely to have type 2 diabetes, Parkinson's disease, and dementia." Note: Refined sugar and fatty add-ins nullify these benefits.
-

5. *Exercise your eyes-* Staring at a computer screen all day can actually cause your eyes to lose elasticity. Take periodic breaks and strengthen your eyes by focusing on an object far away or out a window.
6. *Stretch-* If the majority of your job has you seated, take small breaks every hour or so to stretch. Doing so will help your body feel more relaxed and alert.
7. *Go for a walk-* Walking after eating a meal helps improve your digestion, regulates blood sugar and increases mental acuity.
8. *Smile more-* There is overwhelming scientific evidence that proves optimism makes you healthier. Change your perspective and train yourself to see the positive in every situation!





LIBRARY SERVICES DEPARTMENT



April 19, 2013

To: Dave Kiff, City Manager

From: Cynthia Cowell, Library Services Director

Subject: City Manager's Newsletter

Library Services

Central Library Expansion

The new expanded Central Library is beautiful! Or as customers, staff and visitors have been exclaiming all week long – amazing, cool, wow!!

The walls came down and the “Newport Beach Public Library” letters went up over the weekend, and after a flurry of furniture arranging, cleaning and last minute touches, the doors opened at 9 a.m. to lots of ooohs and aaahs. The upstairs is particularly dramatic upon entry with light streaming in and a beautiful view of the Civic Green. The Childrens Room was initiated with a storytime Monday morning with about 50 parents and children sitting on the new green program area. By 9:30 a.m., many of the new work stations upstairs were filled and customers were very happy with their comfortable, new study and reading areas.

National Library Week

While the Central Library was the center of attention this National Library Week, the branches had plenty of special activities going on as well. Children's programs included “Walk on the Wild Side” animal show at Central and “A Historical Journey Through America's Music” at Corona del Mar. Saturday, Balboa Branch will have a special “California Tide Pools” presentation by the Ocean Institute and it will be “Bubblemania” at the Crean Mariners Branch. Storytimes were hosted by several members of the City Council and Board of Library Trustees. We truly appreciated their participation in this event.



Cultural Arts Services

Newport Beach Art Exhibition and Sale

When all was said and done, 65 artists participated in the Newport Beach Art Exhibition and Sale last Saturday, April 13. There were approximately 130 works of art in painting/mixed media, sculpture and photography on display on black tablecloths in the Oasis Senior Center Multipurpose Room. Arts Commissioners welcomed Council Member Michael Henn, who provided a great talk on the state of the arts in Newport Beach, and also assisted Exhibition ad hoc Committee Chair Carole Boller in distributing the awards to participants. Award winners include:

<u>Judge's Choice:</u>	Sharon Speights for "Daily Enlightenment" (Inkjet Print)
<u>Honorable Mention:</u>	Karen Murphy for "His Majesty" (Colored Pencil)

Sculpture

3 rd Place Sculpture:	Judit Laufer for "It's a Stretch"
2 nd Place Sculpture:	Ed Hart for "Heads Up"
1 st Place Sculpture:	Magie Smith Fleisher for "Koi Tea Pot"

Photography

3 rd Place Photography:	Annette Globits for "Blue Bottle"
2 nd Place Photography:	Susan Springer for "Tranquility"
1 st Place Photography:	Lesetja Mohlabane for "Blue Bird Beauty"

Painting/Mixed Media

3 rd Place Painting/Mixed Media:	Honey Hostetler for "Must be Spring"
2 nd Place Painting/Mixed Media:	Mutlu Ertac for "Flowers in Vase II"
1 st Place Painting/Mixed Media:	Ebrahim Amin for "Unsinkable"

Many thanks go out to Arts Commissioners Carole Boller, Arlene Greer and Caroline Logan for helping to organize the event, and all of the Commissioners for attending; as well as David Lee, adjunct art professor at Chapman University, who adjudicated the artwork. Members of the NB Arts Foundation also attended and assisted with sales. Girls from the National Charity League helped to place artwork and 'plaques' on the tables, Bellagio Florists donated a beautiful arrangement, and Bristol Farms (Corona del Mar) catered the affair. Most importantly many thanks to the staff at Oasis Senior Center who made the site very welcoming and helped with the event until the last artist had left, and rentals had all gone home.

This week, staff is putting together the administrative work for sending checks to the award winners, and also reconfigured the winner's exhibition, which will be on display through the end of July at Oasis Senior Center.

Permanent Art Collection

When City Hall staff moved to the new Civic Center, many framed works of art that belong to the City were moved by staff to Central Library. A new storage room has been identified and staff will be spending the next several weeks cleaning, wrapping, photographing, inventorying and storing these pieces in the new room. Additional pieces that have been stored at the corporate yard will be brought over and included with the collection. Following the inventory, documents describing the artwork will be available, and redistribution in some city facilities will be considered.



MUNICIPAL OPERATIONS DEPARTMENT

April 19, 2013

TO: Dave Kiff, City Manager

FROM: Mark Harmon, Municipal Operations Director

SUBJECT: *City Manager's Newsletter*

Introducing...Al Cablay



Last Monday, Al Cablay started as our Interim Facilities Maintenance Manager. Al will be working with us on a six-month appointment where he will be tasked with evaluating the facilities maintenance function in the City, and providing a recommendation on the correct composition of the facilities maintenance team. His insight is particularly timely given the age of many of the facilities and the opening of the Civic Center campus. Al is a retired Public Works professional who last served as the Public Works Director for the City of Pico Rivera. *Welcome aboard Al!*

Safety and Maintenance Training

Recently, the Parks and Trees Division hosted its annual Chainsaw Safety and Maintenance Training. In attendance were employees from Parks and Trees, Field Maintenance, and Operations Support Divisions. Groundsworker II Brett McCulloch and Irrigation Specialist Tom Diaz demonstrated valuable operations and maintenance techniques.



Sand Clean Up



This week, Department crews were kept busy on the Balboa Peninsula cleaning up after the strong winds. Mechanical skip loaders, backhoes, front end loaders, and street sweepers, along with hand sweeping crews, were used to perform additional cleaning of the Balboa Pier, Newport Pier, and ocean-front sidewalks and street ends. Operations Support Division crews were assisted by staff from the Field Maintenance and Utilities Divisions. Great job to all involved during the labor intensive cleanup of areas inundated with windblown sand.



MUNICIPAL OPERATIONS DEPARTMENT

Water Distribution Valve Replacements

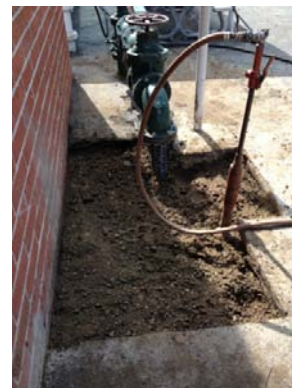
This week, the Water Maintenance & Repair Crew replaced 32 feet of 6-inch cast iron water main originally installed in 1926 with new C-900 PVC pipe at 1807 & 1907 East Bay Avenue.



Coupled with the water main replacement, the crew also installed two new 6-inch water distribution valves, which is an additional upgrade to the water system infrastructure in the area. Twenty-five homes were noticed of the work, which included shutting off their water service from 9:00am to 3:00pm. The installations were successful and full water service was restored on schedule.

Lincoln Athletic Center Repair

Early in April, a 6-inch underground water line ruptured outside the lunch area at Lincoln Elementary School. After several contractors declined the job due to the time constraints (the work needed to be started on Saturday morning and be completed by Sunday evening, including patching the asphalt), Parks Irrigation Specialist Tom Diaz, assisted by Groundsworkers Harold Link and Rich Trevino, repaired the line before school opened on Monday.





NEWPORT BEACH POLICE DEPARTMENT

April 19, 2013

TO: Dave Kiff, City Manager

FROM: Jay R. Johnson, Chief of Police

SUBJECT: CITY MANAGER'S NEWSLETTER

Lieutenant Jeff Brouwer Graduates from the FBI National Academy

Last month, Lieutenant Jeff Brouwer graduated from the prestigious FBI National Academy, an intensive 11-week course held at the FBI Academy on the U.S. Marine Corps base, Quantico, VA. Lieutenant Brouwer was one of 270 law enforcement executives from around the world who were chosen to attend. Areas of study included law, behavioral science, ethics, forensic science, understanding terrorism and the terrorist mindset, leadership development, communication, and health/fitness.



"This was a great experience and I appreciate the support from not only Chief Johnson but the City Manager as well for allowing me to attend this training opportunity. Although I would recommend the spring class as running in the snow is a little out of character for us California folks," Lieutenant Brouwer said.

Lieutenant Brouwer returned to Newport Beach with both the "yellow brick" - a weighty symbol signifying having completed a grueling physical fitness test at the end of the program, and the "blue brick" - signifying him having completed 34 miles of swimming during the course of the 11-week program.

NBPD Running Team Wins Baker to Vegas Challenge Cup Relay



For the ninth year in a row, the Newport Beach Police Department's Running Team placed first in their category at the Baker to Vegas 120-Mile Challenge Cup Relay. Running teams from approximately 270 law enforcement agencies from around the world competed in the 29th annual relay that was held last weekend, April 13 and 14. The Newport Beach team has placed first in its category 11 times in the last 12 years. This year, the team placed first in the

150 division (departments with up to 150 officers) and 10th overall. This is the first time in the history of the race that a team in the 150 Division has placed in the Top 10.

The 20 runners, 4 alternates, and a team of approximately 20 support personnel from the Police Department participated in the grueling 120-mile race in nearly 100 degree temperatures that crossed the desert through the winding back roads of the Mojave Desert. The non-stop race began 24 miles outside the town of Baker, California, Saturday afternoon at 5 p.m. and ended in Las Vegas, Nevada, on Sunday morning around 8 a.m. The team completed the event in 14 hours, 48 minutes, shaving seventeen minutes off of last years' time and in the process setting a new course record for the Newport Beach Police Department's Running Team.

Sponsors of the Running Team include: Honda World, Newport Beach Land Rover, Metro Towing, G & W Towing, Meridian Interior Design, and the Newport Beach Police Employee and Management Associations.

American Legion Post 291 Honors Employees



American Legion Post 291 held their 48th Annual Law and Order Awards Banquet on Thursday, April 18, at the American Legion Hall located at 15th Street and West Bay. The Banquet honors members of the Police and Fire / Marine Departments as well as members of the Costa Mesa Police Department and Orange County Sheriff's Department - Harbor Patrol. The Legion honored the Department's Supervisor of the Year, Civilian Supervisor Bob Yamada, Officer of the Year, Randy Lawton, Civilian of the Year, Laurie Syvock, Reserve Officer of the Year, Dennis Hoo, and Volunteer of the Year, Gary Standard. We would like to thank the American Legion Post 291 for their continued support.

Newport Beach Police and Fire Departments Participate in Joint Training Exercise



On Wednesday, April 10, the Newport Beach Police Department hosted a joint tabletop emergency management and critical incident response training exercise with members of the Fire Department. The training was the third component of this type planned for 2013, culminating in a full scale exercise planned at the end of the year. Sgt. Spencer Arnold led the training along with a member of the California Emergency Management Agency. The first component of the training was instructional followed by an Active Shooter Incident tabletop exercise. The training was

extremely beneficial as it allowed Police Department personnel to work closely with their Fire Department counterparts with the overall goal of better understanding each other's role in the Incident Command System. This training, as well as future training opportunities, is imperative to the success of public safety during a critical incident.

PUBLIC WORKS DEPARTMENT

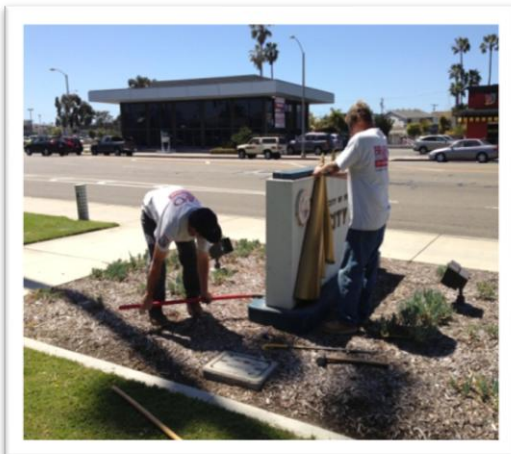
City Manager's Newsletter



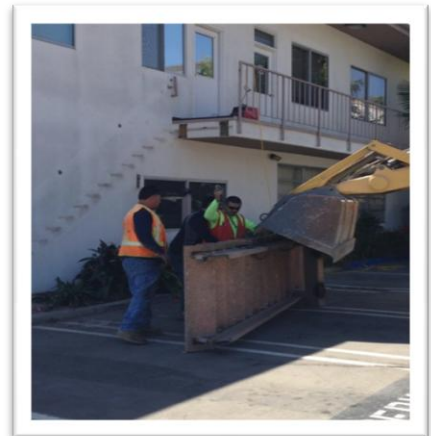
To: David Kiff, City Manager
From: David Webb, Public Works Director
Date: April 19, 2013

Good-Bye Former City Hall

On Friday April 5th, City staff packed up and moved out of the old City Hall and into the new Civic Center at 100 Civic Center Drive. Right on the heels of this, the decommissioning committee started to close-up the old campus. It was bittersweet closing down the site we called home for so many years, but staff is excited to start serving the public at the new Civic Center site! The decommissioning work underway includes: securing entryways, doors and windows; removing signage; shutting down selected utility services; removing the mobile units; reallocating resources to other City sites; and limited landscaping removal and replacement.



Final disposition for the former City Hall site has not yet been determined. In the meanwhile, the former Council Chambers will be used as a community meeting room, and staff will continue to maintain the site to retain its Balboa Peninsula charm.



Special thanks to Purchasing, MOD for assisting Public Works with this decommissioning work.

Slurry Seal Project

The West Newport Beach area Slurry Seal Project was awarded by Council on March 26th to Roy Allan Slurry Seal, Inc., and work began this week. This project consists of crack filling and applying an asphalt slurry seal to streets within the Newport Shores, West Newport, Park Lido, Lido Isle and Balboa Peninsula communities. The contract also included seal coating and re-stripping the following parking lots:

- Seashore Drive Parking Lots
- Superior Avenue
- Central Avenue
- Cannery Village
- Newport Boulevard
- 26th Street
- Newport Pier
- Balboa Peninsula Library/Fire Station
- Balboa Pier
- A Street
- B Street



Public Works staff has worked closely with City staff to ensure the project does not conflict with planned events. The slurry seal work is continually monitored in order to prevent traffic issues associated with this type of construction.

The estimated completion date for all construction is June 28. For additional information about this project, visit the Public Works Construction Log located on the Public Works Department's page www.newportbeachca.gov or contact Alfred Castanon at (949) 644-3314.

Slurry Seal Work – Newport Shores Community



To: Dave Kiff, City Manager

From: Laura Detweiler, Recreation & Senior Services Director

Date: April 19, 2013

NEW DECALS FOR PARK PATROL VEHICLES

Thanks go out to the sign shop for the design and installation of the permanent decals for the Park Patrol vehicles. In the past, we used magnetic signs to identify these vehicles. The new permanent decals will allow the public to more easily identify the Park Patrol Officers so that they may ask for assistance when needed.



ADULT CO-ED SOCCER LEAGUE SCORES MAJOR MILESTONE

The Newport Beach Coed Soccer League is celebrating! At the beginning of its spring 2013 soccer season, the organization welcomed its 2,000th player – quite an accomplishment for a volunteer group that's been in existence for only 5 years! Congratulations to Vanessa Woods for being in the right place at the right time – she received a new soccer ball and equipment bag (retail value \$100) from Soccer Garage. Few, if any, cities can claim such a high achievement.

The city partners with NBCSL to offer adult soccer: they provide an all-volunteer Board of Directors, league administration and rules, and serve as the review board for disputes and issues, while the city provides the well-maintained fields, scheduling, and officials.

NBCSL is not just a "rec thing" taking up field space within the city. It has become a solace for adults seeking exercise, camaraderie and social bonding in a world focused on hand-held gadgets; an oasis for those relocating to Orange County without friends or loved ones; a classroom for parents to role model for their kids about sportsmanship and how mommy/daddy still have "it" ... and one of only a few homes whose doors remain open for local kids who grow out of AYSO/high school soccer.



Vanessa Woods with NBCSL's President, Steve Streger



MARINE PROTECTION REPORTS THAT SPRING HAS ARRIVED

We have a Western Snowy Plover (WSP) nest on the Balboa Peninsula dunes!

In 1993, the Pacific coast population of the western snowy plover (*Charadrius alexandrinus nivosus*; snowy plover) was listed as a threatened species under the Endangered Species Act (ESA). The listing was due to threats such as loss of habitat, predators, and human disturbance. Under the ESA, *take* of a listed species is prohibited unless specifically authorized. The definition of take includes human actions that result in killing, harassing, or harming a listed species.

Marine Protection has been working with different agencies and the public to help share the shore with snowy plovers. We started working with Newport Elementary 3rd graders, and local scout troops. We currently are working on an Eagle Scout project to create an interpretive sign as well. The WSP is unique to all federally listed species in that they require the utilization of the sandy ocean beach for all of its life requisites, i.e., nesting, feeding, rearing of chicks, roosting, and overwintering. As such, many ocean shore activities may result in incidental take of this species.

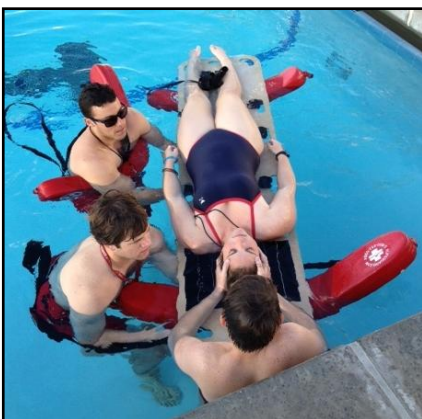
Balboa Beach is home to a very large wintering population of Coastal WSP's which we have been monitoring on the Peninsula for four years. In 2011 we placed a temporary fence where nesting had been observed in the two previous years. To our disappointment, we had no nesting last year!

However, on April 15, 2013 at the same approximate location as 2010 and 2011, we found a nest! The unfortunate thing about this nest is that it is located in a very exposed location on a service right of way. We have made modifications to the fence and have placed a small ex-closure cage around it to protect the nest from crows, domestic cats and other predators. We are doing our best to provide protection, without stressing the birds...which is a fine line. This work has all been possible thanks to our partnerships with US Fish & Wildlife and the California Department of Fish and Wildlife, as well as the hard work and dedication of our volunteer monitors—Holly Fuhrer and Ross Griswold in particular! Now we wait for the chicks to hatch!

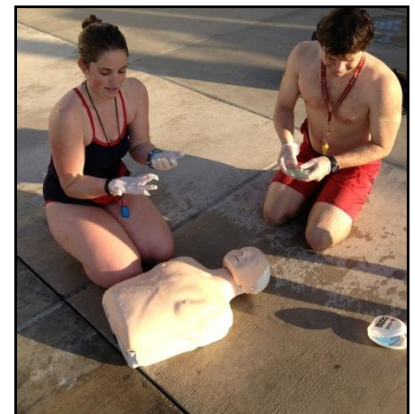


AQUATICS

Aquatics staff went through an all day training, focusing on CPR/AED/First Aid, spinal injuries and emergency action plans. Skills reviewed included proper water entry, deep/shallow water back boarding and administering CPR.



Recreation is currently recruiting pool swim instructors/lifeguards for the 2013 summer season. Online applications will be accepted until positions are filled. American Red Cross certifications in Lifeguard Training, CPR, First Aid and Water Safety Instructor are required. To view the complete job description and apply online, visit the City's website.



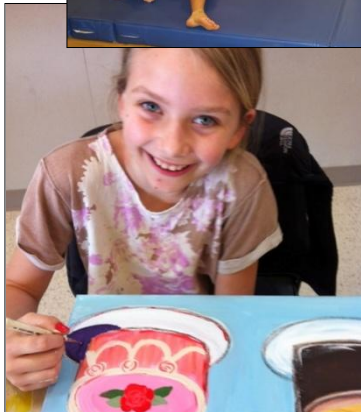


NEWPORT COAST COMMUNITY CENTER

On April 9, NCCC experienced some minor flooding due to an over-flowing toilet. Thanks to staff, Park Patrol, Tom Miller, the plumber and Irvine Ranch Water District for helping to immediately rectify the situation and assist with clean-up efforts. As a result of their actions, the Center was open for business the next day.

SPRING BREAK CAMPS!

This week kicked off the Recreation Department's Spring Recess Camps with 97 participants attending six different camps which included two art camps, Coast 2 Coast soccer camp, Camp Playball, Quiksilver & Roxy Surf Camp, and new gymnastics and beach volleyball camps. Each instructor provided a safe and fun atmosphere where participants strengthen different skill sets, build confidence, create new friendships, and inspire a love for recreation!





MORE & MORE SENIORS ARE MELT-ING

MELT is a gentle form of exercise that helps you reconnect, re-balance, re-hydrate and release tension. A few weeks ago, the MELT Method was featured on the Dr. Oz show. Since the show, MELT class enrollment at OASIS has tripled!



OASIS HAS GOT TALENT!




The OASIS Senior Center hosted its annual Volunteer Appreciation Luncheon on April 17 with the theme ***Hats Off to OASIS Volunteers***. Over 160 OASIS volunteers enjoyed a catered meal by 24 Carrots and an hour entertainment variety show created, choreographed and performed by the OASIS staff themselves. Everyone played a part. A few highlights: the OASIS van drivers danced a Zumba number, Roger Bartholow sang “Come Fly with Me,” Justin Schmillen wowed the audience with his magic act, and the entire OASIS staff danced to “We Are Family.” Special thanks to Director Laura Detweiler for playing one of our judges, and Superintendent Sean Levin as the Master of Ceremonies, and everyone else in who helped out.

FITNESS CENTER UPDATE

Attached you will find the 2nd Edition of the *Fitness Center News*. Fitness Center Coordinator Justin Schmillen, puts this together to provide useful information to all 1,892 fitness center members.

Event	Date	Time	Responsible Person	Located @
SCMAF Track Meet	5/5	4:30pm	Scott Williamson	Laguna Hills High School
CdM 5K	6/1	8am	Jon Harmon	CdM State Beach



“Your First Choice for Connecting People, Play & Programs”



OASIS FITNESS NEWS

SPRING 2013

OASIS FINTESS CENTER NOTES



The OASIS Fitness Center will be closed on Monday, May 27 in observance of Memorial Day



Grab a Carrot! Steam some broccoli! Make a salad! June 17th is National Eat Your Veggies Day.



Reminder: There is a 30 minute time limit on all cardio equipment during our busy times or when others are waiting. Our busiest times are Monday-Friday from 8am-11am.



All Fitness Center members must bring their membership card and scan in at the front desk BEFORE starting your workout. If you have lost your card, replacement cards can be purchased for \$5 at the front desk.

Dedication Leads to Transformation By Justin Schmillen

Life-long active and self proclaimed "wanna be jock", Tom Creato, age 67, has always enjoyed swimming, hiking, golfing and pick-up games of basketball. But his career working on the road and entertaining clients, coupled with a hip injury in 2006, stagnated the once active lifestyle he had always enjoyed. As Tom neared his retirement, he weighed close to 300lbs. Tom viewed his upcoming retirement as "his time" and wanted to be able to experience all the things that he loved to do. This notion became Tom's determination to no longer use injury as an excuse for the lack of activity and to lose the excess weight he had put on.

"Amanda emphasized balance, flexibility and core training and provided a strong sense of motivation and accountability"

As Tom neared his retirement, he joined the OASIS Fitness Center and signed up for personal training with Amanda Brown. In February 2012, Tom decided to commit to a one hour personal training session once a week. With a set appointment on his calendar each week, Tom knew that personal training would become part of his weekly routine and would minimize the excuses of not getting to the gym.

Tom also joined the UCI Weight Management Program in May 2012, a program where "weekly class sessions emphasize physical activity, nutrition, risk

factor reduction and behavior therapy for lifestyle change" and "coaches participants in the practice of long-term healthy lifestyle behaviors". For Tom and his weight loss goal, the focus became monitoring the number of calories in (eating) versus the number of calories out (exercise). This meant changing bad eating habits and the quantity and types of food he was consuming.

As Tom's plan was set in motion, he quickly learned that Amanda's personal training approach was different from what he was familiar and experienced with as a high school and recreational athlete. The approach was also very different from what he would have done if he was going to the gym on his own. "If I didn't use a personal trainer, I would've gone to the gym



**September 2011
300.6 lbs
(Before)**

**February 2013
210.0 lbs
(After)**

by myself, completed my six machine rotation and then got on the bike for 20 minutes". Amanda's training was everything but that. Amanda emphasized balance, flexibility and core training and provided a strong

STORY CONTINUED ON BACK PAGE

corona del mar chamber of commerce + the city of newport beach
present the 32nd annual

scenic 5K

presenting sponsor

saturday june 1, 2013

Enjoy the Corona del Mar Scenic 5k with other OASIS Fitness Members and join our walking group. Registration for the 5k is required. Signups for our walking group must be complete before Wednesday, May 29th at the front desk.

OASIS Fitness Center

949.718.1818

M-Th: 7am-8pm

F: 7am-5pm

Weekends: 8am-4pm

"True enjoyment comes from activity of the mind and exercise of the body; the two are united."

**- Alexander Von Humboldt,
Renowned Scientist, Naturalist, and Explorer of the 1800's**

Dedication Leads to Transformation continued from page 1

CONTINUED FROM FRONT PAGE

sense of motivation and accountability. Her training was also "age related" and specific, which resonated well with Tom and his end goal. Tom's transformation has been life changing. In the last year, Tom has lost over 90lbs from Amanda's training program and his new, healthy lifestyle. Tom and Amanda

"Now that Tom has dropped the weight, he is able to lift heavier weights to improve his strength. It's also a lot easier for us to work on increasing Tom's range of motion through various types of movement"

currently focus on mobility and increasing lean body mass. Now that Tom has dropped the weight, Amanda says "he is able to lift heavier weights to improve his strength. It's also a lot easier for us to work on increasing Tom's range of motion through various types of movement"

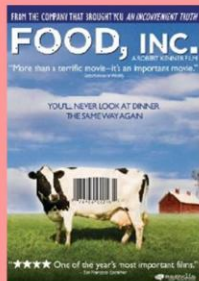
Outside of personal training, Tom swims in the bay, walks 3-4 miles per day and golf's 2-3 times per week, always

walking the course. According to Tom's pedometer, a tool used to measure the number of steps an individual takes, he can log in another 7-8 miles of exercise if he walks the course, depending how straight his shots are.

As Tom moves forward, the most important factor for keeping the weight off is consistency. At 6'2", 210lbs, Tom hopes to lose more weight and get down close to 200lbs. This means being diligent with the right food choices and staying away from the clubhouse lunch buffet. Tom says even after spending 13 days in Mexico, his weight fluctuated by only a few pounds by making his new habits a priority and balancing enjoyment with eating smart.

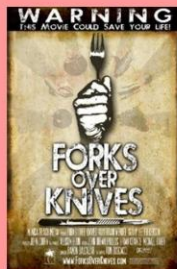


Amanda Brown's Top 3 "Must Watch" Documentaries On Food



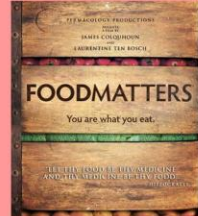
Food, Inc.

Where does your food come from? If you don't know, how do you know it's safe to consume? *Food, Inc.* sheds light onto the disturbing corporate factory farms that produce food for most of America. The few corporations responsible for most of our nation's food products more often than not place profit as a priority over health and food safety.



Forks Over Knives

Can a plant-based diet prevent and even cure conditions such as cancer and heart disease? Researchers in this documentary think so, and have proven it through extensive research and clinical practice. Heart disease, diabetes, obesity, and high blood pressure cost our country over \$120 BILLION EACH YEAR! Could cutting back on animal products drastically reduce this number?



Food Matters

Contrary to what the pharmaceutical companies would want you to believe, our bodies have the amazing ability to heal themselves, if you give it the right NUTRIENTS! Eating plenty of fresh fruits & veggies can give your body most of the nutrients it needs to maintain and heal itself. *Food Matters* highlights strong scientific evidence to the old adage, "You are what you eat."



Strengthen Your Golf Game

OASIS Fitness Small Group Training
Tuesdays and Fridays
April 23- May 17
7:30am-8:30am

\$120 per person
4 Weeks/8 Sessions
Instructor: Amanda Brown

Increase your core stability, flexibility, mobility and strength through dynamic warm-ups and mobility exercises developed to enhance your golf game.

Students will also learn and execute pre and post golf game exercises to reduce the risk of injury.

Only 6 spots are available so sign up today!
For more information or to sign up, see OASIS Fitness Staff.



Save The Date!

The OASIS Fitness Conference returns for 2013!

This year's conference will be held Friday morning on June 28 at the OASIS Senior Center. (Event time TBA)



Our half day conference consists of health, nutrition and wellness industry professionals speaking on a range of important and engaging topics geared for you, the active older adult. Registration for the conference can be done at the OASIS Fitness Center front desk and opens May 1st.

May 1-31: Early Bird Registration Fee- \$5
June 1-27: Regular Registration Fee- \$7
June 28: At the Door Registration Fee- \$10

Gym Essentials: 30 Minute Fitness Seminar Series

Join Robert Keller, OASIS Fitness Trainer, on the 2nd and 4th Tuesday of each month for 30-minute seminars to educate and help you maximize your health and workout routine's potential. Sessions are \$5 per person. Signups are required and must be done in person. Space is limited to 8 members per session. One lecture per member per series. Those interested in multiple topics will be added to the waitlist.

"Kinesiology". Tuesday, April 23 at 12:30pm

This session will review proper technique in utilizing the Kinesis machine to strengthen the major muscle groups. Participants will be taught how to effectively integrate the use of this very versatile machine into their exercise routine.

Effective Aerobic Exercise. Tuesday, May 14 at 12:30pm

Principles of cardiovascular exercise intended to improve aerobic fitness and/or reduce body fat levels will be discussed, including the importance of warming up for a bout of exercise.

Lower Back Pain. Tuesday, May 28 at 12:30pm

This seminar will briefly touch on some common causes of low-back pain and offer exercises that can be done to strengthen the core and alleviate pain. Participants must be comfortable getting up and down from the floor.

It's All About The Hips. Tuesday, June 11 at 12:30pm

Participants will be made aware of the importance of maintaining strong, stable hips to reduce fall risk and maintain or improve overall functional status. Exercises geared towards strengthening the hip/glute musculature will be taught, as well.

Neck and Shoulder Pain. Tuesday, June 25 at 12:30pm

This seminar will examine common postural issues that lead to poor movement and, ultimately, chronic pain. A demonstration on proper technique for typical upper body exercises will follow.

Flexibility Training. Tuesday, July 9 at 12:30pm

Learn the importance of stretching, as well as principles of effective stretching and proper use of OASIS's stretching machines. Participants will have the opportunity to practice static stretches targeting the major muscle groups, including those muscles most commonly associated with chronic pain.

Robert Keller has over 30 years of experience in the health and fitness industry and is currently completing his graduate degree in Gerokinesiology at Cal State Fullerton.

